

DISCOVERY



CHRISTIAN CHURCH

January 23 and 26

Toxic Habits and Why We Need Each Other, Emilie Knauss

SCRIPTURE REFERENCES

Primary Scripture: 2 Samuel 11-12

Secondary Scriptures: John 1:1-5, James 5:16

QUOTE

You cannot defeat darkness by running from it, nor can you conquer your inner demons by hiding them from the world. In order to defeat the darkness, you must bring it into the light.

- Seth Adam Smith, *Rip Van Winkle and the Pumpkin Lantern*

DISCUSSION QUESTIONS

1. Darkness and light could not be more opposite from each other. What does darkness feel like to you? What about light?
2. There are countless passages in Scripture that use the metaphor of "light" to describe Jesus. Read John 1:1-5 together. Why do you think Jesus is described as a light in the darkness? What does it mean to you that darkness cannot overcome light?
3. Emilie talked about why living in isolation is toxic, and that we were designed to support each other. What is your experience with this? Have you experienced living in isolation before? What anxieties might you have when it comes to opening up to others?
4. Emilie shared several toxic habits from her own life, including her battle with pornography. What are some toxic habits you have? Do you feel like you have experienced freedom with that habit, or not yet?
5. In 2 Samuel 12, Nathan, a court prophet of God, confronted David about his isolation and toxicity. Do you have anyone in your life who is able to do this same thing for you when you need it?
6. What resources do you need to find freedom from your toxic habits right now and how do you plan on pursuing freedom?
7. Please spend time praying for one another in your groups this week.